

# Exercise Corner

## **The Rule of Specificity in Exercise Prescription**

All forms of physical activity are not exercise. Exercise is a planned, structured movement patterns, with a desired outcome.

Specific Adaptation to Imposed Demands SAID, principle states that depending on the exercise imposed specific changes would accrue.

It is mandatory to choose the exercise with the following criteria as load, duration, intensity, frequency, recovery, adaptation, progression and detraining.

If the training does not get the desired adaptation or outcome then the training principles to be reviewed.

It is safe to alter one criterion at a time for the exercise progression to avoid injuries and untoward events.

Adaptation is a state in which the desired result of fitness principle has been achieved and further progression is possible only on applying overload.

Overload is the load of training given with a threshold higher than the accustomed level of fitness, usually 5 to 10% higher on the upper body and 10 to 20% higher in the lower body.

***Dr. Kannan Pugazhemdi, Chennai***